



The Tuesday Program

Being more *Mindful*

Mindfulness: “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally”.

Your task is to:

1. Practice 5 minutes of mindfulness every day. Remember the hint to align this mindfulness practice with an activity you do every day, such as eating a meal or walking to work.
2. Now practice being mindful of your breathing. Sit with your spine aligned in a comfortable, but alert, posture, with your legs and arms uncrossed and feet on the floor.


Gently close your eyes or, if you prefer to keep them open, let them rest on a single point in front of you. Take a couple of deep breaths, and, as you exhale, settle into your body, relaxing any obvious tension or holding.

Bring your attention to your whole body, sensing for a short while how your body presents itself to you right now. There is no particular way to be; just notice how you are at this moment.

Now bring your attention to your breathing. There is no right or wrong way to breathe while doing mindfulness practice; the key is to simply notice how it actually is right now. Notice where in your body you feel the breath most clearly. This may be your abdomen rising and falling, your chest expanding and contracting, or the sensation of air passing through your nostrils or mouth. Let your attention rest with your breathing.

Whenever the mind wanders away from your breathing to other thoughts or feelings, observe where it has gone and then without criticism or judgment, gently guide it back to your breath. There is no need to analyse or stop these thoughts from arising, in fact this can just increase their impact. Instead accept them and let the thoughts come and go as they need to. You may have to gently shift your attention back to your breath once or 100 times – just repeat the process as often as needed.





After practicing for the allotted time, gently expand your awareness from your breath to your whole body. When you are ready, let your eyes open. Take a minute before moving onto your next activity for the day.

More information on Mindfulness:

Books

- Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. New York: Hyperion.
- Smalley, S. L., & Winston, D. (2010). *Fully present: The science, art, and practice of mindfulness*. Da Capo Lifelong.

Research Articles

- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822-848.
- Brown, K. W., Ryan, R. M., & Creswell, J. D. (2007). Mindfulness: Theoretical foundations and evidence for its salutary effects. *Psychological Enquiry*, 18(4), 211-237.

